

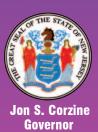
From the New Jersey Council on Physical Fitness and Sports

Pe are pleased to announce the launch of Get Fit New Jersey! This publication is a project of the Council on Physical Fitness and Sports, which was formed to encourage and promote physical fitness statewide. The project was proposed to meet the Governor's Office fitness challenge and address the needs of the people of New Jersey. Each of the 21 chapters were written

by a Council member or a resource member, and the result is an easy-to-read guide to better health and fitness for people of all ages.

Visit the Council on Physical Fitness and Sports, and download *Get Fit New Jersey!* free, at http://nj.gov/health/fhs/njcpfs/index.shtml.







Fred M. Jacobs, M.D., J.D. Commissioner

